TEACHERS
TOOLKIT

the **Carly Ryan** foundation. | PROJECT
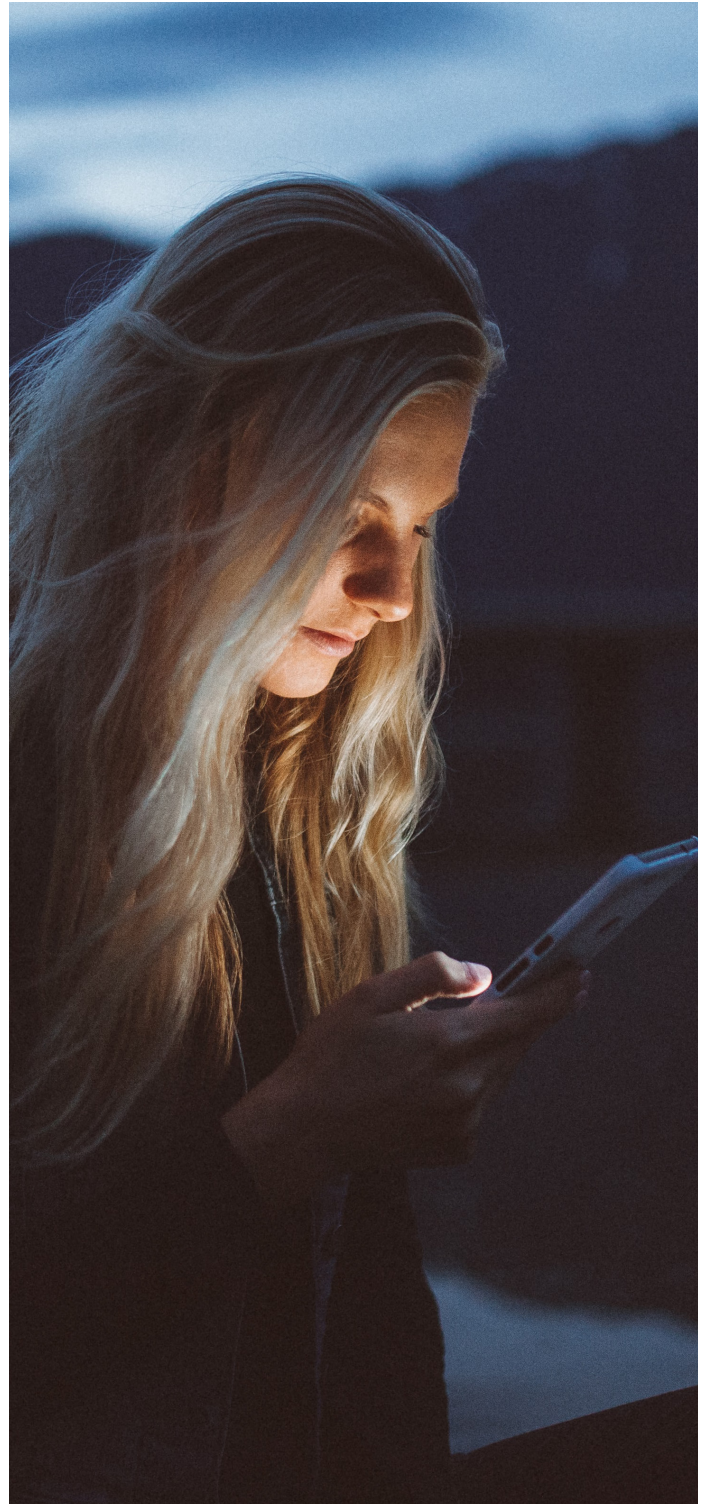**CONNECT**

Contents

Cyber Bullying

Cyber bullying is bullying behaviour that takes place over smartphones, computers, gaming consoles and tablets. It can occur through SMS, messaging apps, social media, online forums and gaming where users can view, participate in, or share content with other users.

Cyber bullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else, causing embarrassment or humiliation. In some cases cyber bullying crosses the line into unlawful or criminal behaviour. Laws differ from state to state and also depend on whether the bullying occurs through telecommunications or in person. If cyber bullying is affecting your student make the time to listen, connect and provide support. If your student needs help having the harmful material removed from a social media site contact the Office of the eSafety Commissioner.

The eSafety office operates under legislation that enables the take down of harmful material online. If you see marked changes in behaviour and you're not sure how to address this, contact the Carly Ryan Foundation for support. If a student is being threatened, or if they indicate they may wish to harm themselves, they need to be protected.

Call the police immediately if a student's physical safety is at risk.

CYBERBULLYING CASE STUDY

As part of their robust resources for educators, the eSafety office has developed an <u>online incident assessment tool</u> which can assist you in assessing the seriousness of an online incident. The Foundation has workshopped an example with some of the things we might think about at each step. Review each step critically; how might you respond differently? Does the example give helpful guidance? Is there a policy or procedure at your site that could be included and referenced?

EXAMPLE

A parent from another school discloses to you that she is aware of a group of students from your school who are bullying her daughter (the target). The target has been called names and sent links to pornographic websites over the course of 3 weeks and on a regular basis. It has caused the target to experience panic attacks and she is reluctant to attend school. The students from your school and the target are all in Grade 6.

DOWNLOAD HERE
XXXXX

HOW TO USE THE ASSESSMENT TOOL:

ASSESS

ASSESS THE INCIDENT

1

Use the eSafety online incident assessment tool to calculate a rating of the seriousness of the incident. This will inform which steps you take next. In this example, the incident has contained:

BEHAVIOUR
Teasing, name calling and put downs Sharing inappropriate sexualised messages, including links to pornography websites

FREQUENCY
Is part of a wider situation involving a number of students/parents/others

IMPACT
Target is experiencing significant physical, psychological or emotional impact.

Based on the above descriptions, these have resulted in the incident being classified as a serious online incident. It is important to note, that if the links to pornographic websites include child sexual exploitation material (ie sexualised material of children under the age of 18), it requires an immediate report to police.

The eSafety website has developed responses schools can use for both serious and non-serious online incidents. The following steps are taken from the guide Responding to Serious Online Incidents.

◉ DOWNLOAD HERE
XXXX

RESPOND

2

COLLECT EVIDENCE

In this example, the students are in year 6 and the teachers are already given phones at the beginning of each school day. You may wish to continue to withhold the phones. **Do not search phones as this should be done with parent permission and involvement.** This step is potentially more important for the target of bullying so social media platforms can be provided with evidence of bullying/harmful content. This evidence can also be forwarded to the eSafety office if the social media platform fails to remove content.
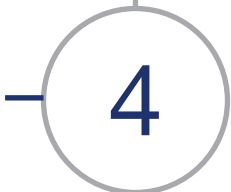
3

MANAGE & PLAN RESPONSE

Your school should already have bullying policies and procedures in place, and it is important to follow them. If you don't have one – we can provide one for you.

◉ DOWNLOAD HERE
Cyberbullying Policy

When bringing parents in to discuss behaviour, be sure to mention that it is unlikely students really meant to cause the kind of harm that resulted in the target having panic attacks and not wanting to attend school. This is a consultative process where the school and parents can work together. It is important for children to understand consequences of online behaviour and that there is always a victim on the other side of the screen when bullying online. Further, if the children are accessing apps and platforms that are inappropriate for their age, parents need to understand the wellbeing reasons why and that children should not have a presence on there just yet.

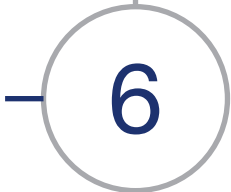# HOW TO USE THE ASSESSMENT TOOL:

REMOVE CONTENT

4

Removal of content could be undertaken by parents and children together, as part of the learning process. This step is potentially more important for the target, especially if there has been public-facing bullying content, but it's just as important for students to have a sense of responsibility and know they can be part of something positive by deleting any offensive content.

5

RESOLVE

Consider whether students need further education: there are plenty resources available on the eSafety website, including classroom lesson plans. If appropriate, complete the eSafety Education Action Plan, which will look at a school as a whole to ensure the school community is appropriately informed about being safe online.

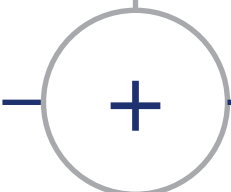## RECORDING THE INCIDENT & REFLECTING

6

Please make use of the eSafety Post-Incident Checklist, to see whether the school response can be improved for next time. Debrief with staff, students and parents where appropriate.

7

MONITOR THE SITUATION

Online incidents generally have a ripple effect for some time. Even though it is alleged students have engaged in bullying behaviour, it is important to look after their wellbeing as they deal with the consequences of their actions and support them where appropriate.

ADDITIONALLY

+

If the details of the target's school is known it is recommended to make contact and advise them of the situation to ensure the target can be appropriately supported in her school. The Wellbeing Directory on the eSafety website is an excellent resource for students and parents who need further assistance or support while dealing with negative online experiences.

RESOURCES

Office of the eSafety Commissioner

The eSafety website has a brilliant range of resources for schools, to review the full range:

⊙ **CLICK HERE** esafety.gov.au/
educators/toolkit-schools

Counselling and Support Services

⊙ **CLICK HERE** esafety.gov.au/about-
us/counselling-support-services

Sexting

Increased bandwidth speeds and wifi access have allowed society to communicate through richer means beyond texts, such as photos, videos, gifs, memes and everything in between. This variety is experimented with and explored by young people, including in how they have intimate conversations (ie. sexting). Unfortunately, sexting by young people can attract serious and unwanted consequences if naked, semi-naked, or sexually explicit material are sent, received or even possessed. This can have an impact on adults too, but when young people are involved there is a much wider range of emotional, social and legal issues.

<u>**Some of the consequences for young people can include:**</u>

Humiliation, guilt, shame, anger and self-blame: This can lead to ongoing emotional distress, withdrawal from school and family life and in severe cases, **self-harm and suicidal thoughts**
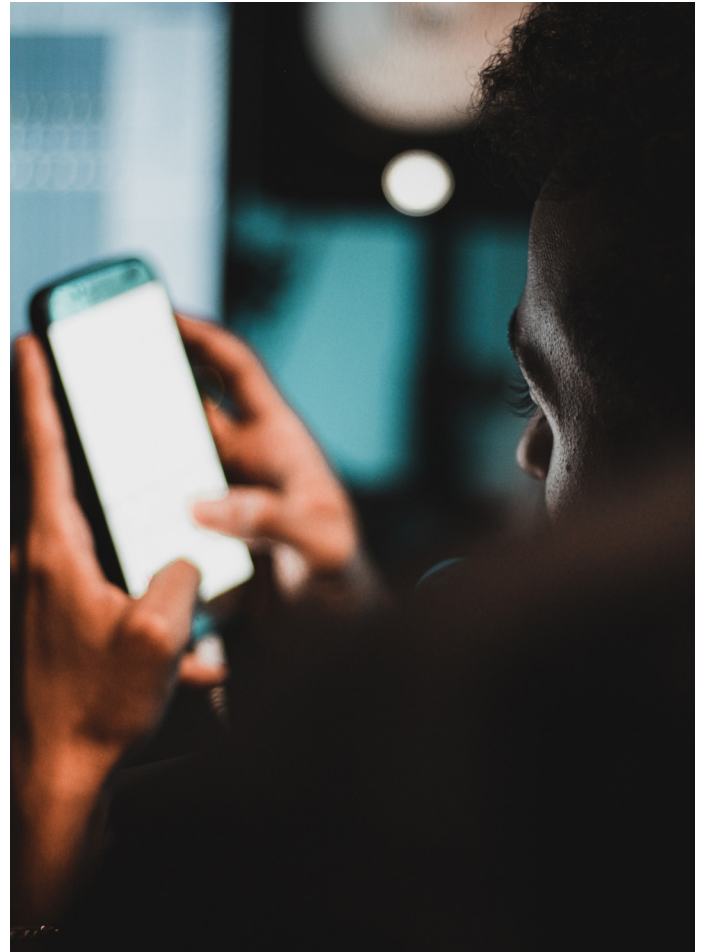
Bullying, teasing and harassment from peers: They may experience bullying, including cyber bullying, if photos are shared around their school community or friendship group

Damage to reputation: It may impact on their reputation and performance at school, as well as employment opportunities in the future

Criminal charges and penalties: It can be a crime when it involves creating, possessing and/or sharing sexualised images of people under 18 years (child abuse material).

It is illegal if child abuse material is:

asked for; produced; received and kept; or sent, posted or passed around.

It's important for students to understand the moment they hand over an image like this to another person, they are handing over control of who may see it and share it which will in turn affect their own happiness. It's important to let students know to never feel pressured to send an image like this to another. If a student receives nude pictures or videos, they can avoid legal action by:

— Deleting the pictures or videos immediately and permanently, which includes the recently deleted folder.

— Letting the sender know that you don't want to receive any more of these pictures or videos.

It's important to explain to students to not forward these types of images of people under the age of 18 years on to others because it is a crime. You can also report the incident to the police for immediate action. Consider contacting counselling services for ongoing support for your student.

Image based abuse

Image-based abuse occurs when intimate, nude or sexual images are distributed without the consent of those pictured. This includes real, altered (Photoshopped) and drawn pictures and videos. If someone else has posted sexual or naked photos or videos of a student online, you can report to the service provider they posted it on, for example Facebook, Instagram, Snapchat.

If the service provider does not remove the image then contact the image based abuse portal at the Office of the eSafety Commissioner.

CLICK HERE
esafety.gov.au/image-based-abuse

Here you can take action, get support and receive legal assistance. It's important to contact the police immediately if the images are being spread without a student's consent, or if a student feels unsafe or threatened.

Predatory contact

Online sex crimes against children and young people begin with an adult communicating with a target, with the goal of coercing them into illegal sexual activity.

Child sex offenders will have an online presence:

— Wherever children and young people interact, play and socialise online; and

— Where users can communicate with each other, either publicly or privately.

Online areas attract predators because of the anonymity the internet provides. Young people, too, often enjoy the anonymity of online conversations; it makes them feel more comfortable as they explore their burgeoning independent identities. But at the same time it, may make them more likely to engage in risky behaviours. Predators take advantage of this and use manipulation to put their targets into situations so they will ultimately comply with the predator's sexual demands. Manipulation or grooming of young people can happen very quickly or over a long period of time. Some of the tactics used by offenders include:

— Showing shared interests

— Asking if anyone else has access to the target's account or device

— Making the target feel understood & cared for (especially if the target is experiencing issues with family or friends, or if the target feels like 'an outsider')

— Telling the target they are special

— Isolating the target from loved ones, and making the target reliant upon them for emotional support

— Introducing the target to sexual activity

— Showing them pornography (or in some case, child abuse material to normalise the offending)

— Requesting sexually explicit information and material.

An offender's tactics so very often look and feel like a loving relationship, that a child or young person cannot recognise it for the manipulation that it is. And occasionally, if the child or young person realises, some offenders will continue to blackmail or threaten the child to remain compliant to their sexual demands, creating a further cycle of abuse.

If a student is in immediate danger dial 000

If you want to report criminal activity go to Crime Stoppers online or call 1800 333 000.

Reports can be anonymous.

You can report illegal or offensive content at the Office of the eSafety Commissioner.

◉ **CLICK HERE** esafety.gov.au

You can also report abuse or illegal activity online to the Australian Federal Police's Online Child Protection Unit by using their online child sex exploitation form, or by clicking on the Report Abuse button.

◉ **CLICK HERE** accce.gov.au/report

Accessing and viewing pornography

Exposure to violent and inappropriate pornography is becoming more of a real issue for young people, and the age of exposure to pornography is getting younger (which is a considerable concern).

Adult pornography is made for the viewing of adults, and so there are risks in viewing it for those aged under 18 years. It can introduce young people to concepts about sex and intimate relationships they're not ready to understand or able to manage, especially where the pornography is graphic and unneccessarily violent. This type of exposure to inappropriate material gives young people the wrong impression of what a healthy and consensual relationship looks like.

It is vital to deliver appropriate and realistichealthy relationship education.

Relationship and Sexuality Education is an important part of the curriculum and provides the best opportunity to discuss the impacts of pornography.

*Note: There is a difference between adult pornography and child abuse material. If you believe students are viewing child abuse material which involves the abuse and corruption of children then you must contact police. Children cannot legally consent to participating in the production of that material and it is a criminal offence to view it.

Resources

Cyber Bullying

Office of the eSafety Commissioner

> ◉ **CLICK HERE** esafety.gov.au

Kids Helpline
The helpline provides free and confidential online and phone counseling 24 hours a day, seven days a week for students aged between 5 years old and 25 years old.

> ◉ **CLICK HERE** kidshelpline.com.au
> **CALL** 1800 551 880

Lifeline
24-hour crisis support and suicide prevention services.

> ◉ **CLICK HERE** lifeline.org.au
> **CALL** 13 11 14

Headspace
Headspace helps young people aged 12-25 years who are going through a tough time. They assist young people and their families with mental health, physical health, alcohol and other drugs, education and employment support.

> ◉ **CLICK HERE** headspace.org.au
> **CALL** 1800 650 890

Sexting

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ACCCE
In partnership, the ACCCE will work to free children from exploitation through its four pillars, Prepare, Prevent, Protect and Pursue. The Centre will:

— prepare future capabilities and technologies to counter child exploitation

— prevent the exploitation of children, and intervene earlier in the abuse of victims

— protect victims from further victimisation, and protect the wellbeing of members

— support authorities to pursue and prosecute child sex offenders, and remove victims from harm.

> ◉ **CLICK HERE** accce.gov.au/report

Crime Stoppers
Crime Stoppers is Australia's most trusted information receiving service for people wanting to share what they know about unsolved crimes and suspicious activity without saying who they are.

> ◉ **CLICK HERE** crimestoppers.com.au

Image based abuse

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Predatory contact

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Accessing and viewing pornography

In-person presentation

Healthy Relationships Session from Carly Ryan Foundation's Project Connect

> ◎ **CLICK HERE** carlyryanfoundation.com

Fight The New Drug
A US-based charity that educates on the impacts of pornography through a non-demoninational evidence base, with up-to-date resources for young people.

> ◎ **CLICK HERE** fightthenewdrug.org

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